Self-Care Creative Habit Tracker

MONTH OF:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Creativity time.																															
Drink water: X X X X X X X X																															
Go to the gym.																															
Go for a walk.																															
Gratitude reflection.																															

progress not perfection

keep it simple